HORIZMWR

Camp Darby MWR Programs

October2005





Halloween Fest



(arnival 1700-1900

1700-1800 Pumpkin Carving Contest

1700-1900 Pumpkin Patch dunted ouse

1830-2200

Gross Factor 2200

Volunteers Still Needed to Prepare Halloween Festivities Call YS for more info at 633-7629

Halloween Trick-or-Treat 31 Oct at 3:30 Route Starts at Library For Info, Contact: SAS at 633-7613

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More Credit Cards!

We now accept Visa, Discover, American Express, MasterCard, & Military Star Card at the following MWR facilities:

- Darby Community Club
- Meucci Jewelry
- Sea Pines Recreational Facilities
- Information Tours & Recreation
- Arts & Crafts
- Vet Clinic
- Outdoor Equipment Check Out Center
- Child Development Center
- Financial Management Division

Stay Informed with AFN

Want to know what's happening in the community? Tune in to Z-106 Morning Show Monday – Friday from 6 – 9 AM and 4– 6 PM for the afternoon show. For talk radio and sports tune into Power Network 107. The Camp Darby Evening News airs at 6:55 PM and 10:23 PM on Channel 14. You can also log onto www.afneurope.net/livorno to check out daily weather reports, ongoing events, as well as local and national news.

The Darby Horizon is published monthly by the MWR Marketing Division.

HQ Front, Bldg. 303, Room 16, 633-7238

William Carpenter, Marketing Director

Julie Gardner, Marketing Assistant

marketing@darby.setaf.army.mil

As always, a very special thanks to our friends at AFN Livorno and ZFM 106.0!



Hours of operation	
Club Admin & Cashier Cage	
Mon-Fri	0800-1700
Bar	
Tue-Thu	1700-2200
Fri	1700-2400
Sat	1700-2200
Sun-Mon	Closed
Amusement Machines	
Mon	0800-1600
Tue-Thu	0800-2200
Fri	0800-2400
Sat	1700-2200
Sun	Closed

Interested in working as a DJ or doing Karaoke for various Theme nights? For more info contact the DCC at 633-7855





Bowling Center

1700-2200
1600-2100
Closed
Closed

Prices per Game

Adult	\$ 2.00
12 and under	\$ 1.50
Shoes for all	\$ 1.00
Cosmic Bowling	\$ 5.00

Regular Bowling Programs

Cosmic Bowling: Oct1,15,9

Every 1st & 3rd Saturday and 2nd & 4th Sunday bowling is just \$5 per hour per person (all ages). Shoes included!

Family Time Bowling: Oct 2

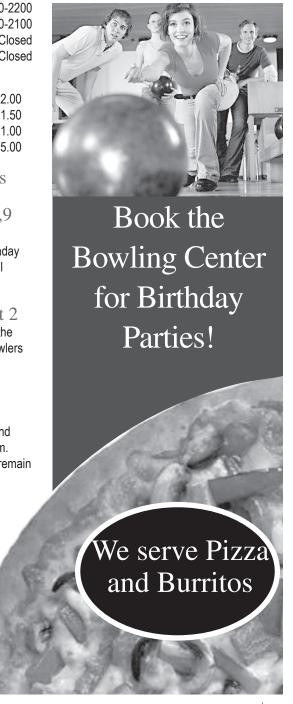
Family time is always the 1st Sunday of the month. \$6 per family per hour (max 6 bowlers per lane).

Friday Happy Hour! 1700-2000, \$1 a game

Every Friday get happy, happy, happy! And who wouldn't be when from 5 p.m.— 8 p.m. each game is only \$1! Sorry, beverages remain at normal prices.

Sea Pines Residents & Campers

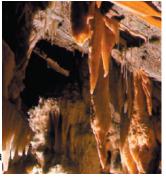
Present your lodging receipt & receive a \$.50 per game discount.





La Grotta del Vento 1 October

Situated in the center of Apuan Natural Park, the Wind Cave offers visitors a complete panorama of underground



karst environments: the result of an evolution process which began 20 million years ago and still continues today. Equipped since 1967 with practical walkways, it offers everyone the opportunity to admire the wonders of the underground world.

After the 3 hour tour of the crystal lake, limestone formations and stalactites, you'll have time to visit the large mineral shop and enjoy a bite to eat at the local restaurant. This tour departs at 0830 and returns at 1600. The cost is \$20 plus the entrance fee.

Sagra della Polenta 8 October

Enjoy this local festival in the province of Arezzo (not far from the town of Cortona, made famous by the book "Under the Tuscan Sun") where you'll find delicious delicacies made from corn meal. Departure is 1500 and returns by midnight. Cost is \$20 for adults and \$15 for children 0-10 vears.

IKEA Shopping Trip

10 October

Shop 'til you drop on Columbus Day! Depart at 0900 and spend your money at the IKEA superstore! Return to Camp Darby around 1600 hours.

Cost is \$20 for adults and \$15 for children 0-10 years.

Sagra del Fungo Porcini e della Castagna 15 October

Partake in the festivities as Pontremoli (located outside of Pisa) celebrates the Porcino mushroom and the chestnut. Departure is 1630 hours and return by 2330. Cost is \$20 for adults, \$15 for children 0-10 years.

Perugia Chocolate Festival 22 October

This annual event is dedicated to the sweet confection for which this ancient Etruscan town (home of the popular Perugina chocolates) is famous for. A nine day festival dedicated to all things chocolate, it's a party too sweet to miss! Departure at 0730 and return by 1900. Call ITR for prices.

Nove Shopping Trip 29 October

Nove is a hub for fine ceramic production and many of it's stores make seasonal products for Tiffany's, Lenox, Williams-Sonoma, Crate and Barrel and many others. Bus departs 0630 and returns 1930. Cost is \$40 per person.

Florence Guided Tour 22 October

Enjoy a morning of shopping on the Ponte Vecchio for some of the world's finest gold or at the outdoor market for some great deals on leather goods. Then take a three hour professionally guided tour of Florence that includes the Baptistery, Dante's house, the Duomo and Giotto's Tower. Bus departs at 0830 and returns by 1800. Cost is \$55 for adults and \$50

Fitness Center

 Mon-Fri
 0530-2030

 Saturday
 0900-1700

 Sunday
 1000-1700

 Training Holidays
 0530-1700

 Federal Holidays
 Closed

Group Fitness Programs

Single ticket \$3 Book of ten tickets \$25

Cardio Mix T 1200 F 0900 Wide range of high-energy aerobic activities burn calories.

Muscle Works W 0900 Th 1200

Strength training for all levels; simple, athleticbased. Strengthen, tone & define all major muscle groups.

Step F 1200

Easy to follow, great intensity, perfect cross-training for you.

Spinning Classes T-Th 1700 A high intensity calorie-burning workout that utilizes stationary bicycles.

Yoga NEW!

Call Fitness Center for dates and times.

Massage Therapy

60 min/\$36 30 min/\$24

Pamper yourself with a Swedish, Deep Tissue or Sports massage. Tickets must be purchased at the Fitness Center before your massage. For an appointment, contact:

Rachel, Certified Massage Therapist 348-4025890

Vicki, Certified Massage Therapist 050-642180, 340-8439303

Get in Shape with Us!

- Free Weights
- Weight Machines
- Cross-Trainers
- Steppers
- Treadmills
- Stationary Bicycles



Sea Pines

Sea Pines Recreational Facilities Daily

0800-1700

New Rooms

We have 24 deluxe rooms and 15 standard rooms.

Campgrounds

The campground now features 93 campsites with 220 V electrical hookups, each with a picnic table and BBQ grill.

There are 2 handicap sites and the over flow areas now have additional water points.

New RV Sites

That's right! 10 hard pad RV sites with electrical, sewer, and water connections. Only \$25 per night.

Trailers

Do you like camping but not the idea of sleeping in a tent? Then our modest cabin-like trailers are for you. The Sea Pines Recreational Facilities has 20 trailers located in the campground area.





Also Available at Sea Pines

- Italian Postcards
- Big Screen TV
- Slot Machines
- Car Wash & Vacuum Tokens
- Satellite TV
- Coffee/Espresso Machine
- DHL Delivery



Explore Italy with Information, Tours and Recreation

While making your lodging accommodations why not check out all the great trips and tours we have to offer?

We're conveniently located in the lobby of Sea Pines Lodge.

We regularly schedule excursions to Rome, Venice, Florence and Cinque Terre.

Ask us for dates and times.

633-7589

October Calendar

			i
S	M	Т	
2 FAMILY BOWLING	3	4	5
9 COSMIC BOWLING	YS CLOSED FOR HOLIDAY ITR: IKEA Shopping Trip	Understanding Insurance ACS/ 1100-1300	Credit and Bu ACS/ 900-110
16	17	18 Credit Reports 101 ACS/1400-1600	19
23 COSMIC BOWLING 30	31 HALLOWEEN TRICK-OR-TREAT 3:30	25 Every Tuesday SAS: Technology Club Cardio Mix: 1200 Spin Class: 1700 AFTB/ ACS 0900-1100 Bldg. 770	26 Every Wedne Library: Childre Hour 100 SAS: Cooking: Muscle Works

W	TH	F	1 S
			COSMIC BOWLING
			ITR: La Grotta del Vento
	6	7	8
	Checkbook Maintenence ACS / 1500-1700	Kick Back Night/ Girls Only	ITR: Sagra della Polenta
	Sports Council FC/ 1000	YS/1800-2200	
	13	14	15
idgeting 00			COSMIC BOWLING
50			Wind Caves/ YS
			ITR: Sagra del Fungo Porcino
	20	21	22
	Money Management ACS/1400-1600	Halloween Dance/YS	ITR: Perugia Chocolate Festival
			ITR: Florence Guided Tour
esday en's Story 0 Club 0900	27 Every Thursday ACS: Children's Play group 1230-1430 SAS: Science Club Muscle Works: 1200 Spin Class: 1700	28 Every Friday Bowling: Happy Hour 1700-2000 \$1/game Cardio Mix: 0900 Step Class: 1200	29 HALLOWEEN FALL FEST DCC/1700 ITR: Nove Shopping Trip

Outdoor Recreation

Mon–Sat Sun	1000–1800 0900–1700
Camping Equipment	
Daily Issue Fees	
Sleeping Bag	\$ 2.50
Sleep Pad	\$ 2.00
Cooking Kit	\$ 2.00
2 Burner Stove	\$ 3.00
Ice Cooler	\$ 2.00
Water Jug	\$ 1.50
Chair, Folding	\$ 2.00
Tent, sleeps 5	\$10.00
Tarp, Tent, small	\$ 2.00
Tarp, Tent, large	\$ 2.50
Sports Equipment	
Golf Clubs	\$ 8.00

Bike, Mountain* Skates, In-line*





Check out our Scuba Program

- Discover Scuba
- Aquamission

\$ 8.00

\$ 6.00

- Scuba Review
- Open Water Diver
- Medic First Aid
- Adventure Diver
- Rescue Diver
- Dive Master

Discover Scuba

If you've always wanted to try scuba divingthen jump in! This is your chance to breathe under-water in a fun, convenient session in the Darby pool. Our instructor introduces you to scuba equipment—and then you go diving.

DDR Kennel



Make reservations at least two working days prior to your drop off date at Outdoor Recreation, BLD 690 during regular hours of operation.

Cats and dogs are welcome in this new heated building.

Please call ODR during hours of operation at 633-7775.

Daily Lodging (Lodging only)

\$10 per day for dogs \$ 8 per day for cats

Daily Complete Care

(Lodging, food \$20 per day for dogs & beverage) \$16 per day for cats

Veterinary Clinic

The Veterinary Clinic will be closed until further notice. Clinics will still be held once a month.

Services offered include:

Yearly Annuals, Health Certificates, Dentals, Spay/Neuters & Mass Removals

Bldg. 840 633-8288

For Clinic appointments (surgeries, vaccinations & sick call), please call the Vicenza Veterinary clinic at DSN 635-4841 or CIV 0444-71-4841.

Dogs must be on a leash, cats should be in a pet carrier, aggressive dogs must be muzzled.

Geico Insurance

TEL: 050-547553 DSN 633-7553 FAX: 050-989004 BLD 690 MONDAY 0900-1400 WEDNESDAY 1400-1800 FRIDAY 0900-1400 Library

Bldg. 407

633-7623

Mon- Fri 1000-1900 Sat 1100-1700 Sun & American Holidays Closed

October 2005

Family History Month

Celebrate and learn with the following books:

929/Han The Handy Book for Genealo-

gists

929/Jam Find Your People

929/Wri The Genealogist's Handbook

929.1/Bax In Search of Your British and

Irish Roots

929.1/Blo Black Genealogy 929.1/Hel Tracing Your Ancestry 929.1Rot Finding Our Fathers R/929.3/Gui Guide to Genealogist

Research

Children's Books: October is Pizza and

Pasta Month!

E/Bar Little Nino's Pizzeria

E/Kha How Pizza Came to

Queens

E/Rey Curious George and

the Pizza

E/Wal Hi Pizza Man

Children's Hour



Wednesdays at 10 a.m. for ages 3-5 in the Children's

Room.

AAFES Theater

Bldg. 304 633-7549



Movies Start at 18:00

1 Oct Land of the Dead - R

2 Oct Catch that kid- PG

3 Oct Shark Boy & Lava Girl- PG-13

6 Oct Sky High- PG

7 Oct Dukes Of Hazzard- PG-13

8 Oct The Wedding Crashers- R

9 Oct Must Love Dogs- PG-13

13 Oct Dark Water- PG-13

14 Oct Deuce Bigalow- R

15 Oct the Great Raid- R

16 Oct Batman Begins- PG-13

20 Oct High Tension- R

21 Oct Stealth

22 Oct Four Brothers- R

23 Oct Valiant- G

27 Oct The Island- PG-13

28 Oct The Cave- PG-13

29 Oct The Dukes of Hazzard- PG-13

30 Oct Valiant- G

Auto Skills Center Bldg. 778, 779, 783 & 784 633-7009

Tue-Fri 1000-2030 Sat 0900-1600 Sun & Mon Closed

Available at Auto Skills:

- Automatic Car Wash
- Hydro Jet Cleaner
- Lifts
- Vacuum Cleaner
- Wheel Balancing
- Work Bays
- Engine Analyzer

Wheel Balancing

We have a tire balance machine. Cost includes weights for metal and aluminum rims.

European Spec Car Owners Get Your Car Parts TAX FREE at Auto Skills!



Tax Exemption Program

Bldg. 303

633-7549

Mon-Fri

1200-1600

Save 20% on your next home furnishings purchase or on almost anything you could include in your household goods when PCSing!

We've reduced our service fee to \$10. Stop by FMD (HQ Front, Room 10) to learn more about this money saving opportunity BEFORE you buy!



Education Center

Testing Office Hours Contact Kim Dianich or Al Moses at 633-7640.

Embry Riddle

Contact Leon Bowman at 633-7818.

University of Maryland For info. contact Gwynneth Hennis at 633-7386 or ghennis@ed.umuc.edu

Central Texas College For info. call at 633-7492

Army Community Service

Mon/Tue/Wed/Fri

0800-1700 1100-1700

Benvenuti to Camp Darby! Tue 6 Sept

Are you new to Camp Darby and don't know your way around? Are you struggling with the language, don't have any friends yet? If this is you, please sign up for the next Benvenuti session. Atten-



dance is mandatory for Army newcomers. Sign up immediately at ACS. Free childcare, but you must register! Please come to ACS or call 633-7084 for more information.

Sponsorship Training

Sponsorship training can help you make a good impression on the person you're tasked to sponsor. Learn what to do to make the transition smoother for a person or family PCSing to and from Camp Darby by attending this class. Contact ACS for more information by calling 633-7084.

Free Computer Training!

The Employment Readiness Program has computer based, self-paced software training programs installed on the ACS computers. Refresh your current proficiency or gain new skills today!

Exceptional Family Member Program (EFMP)

EFMP is a DOD-wide effort to link people with disabilities or special needs to special programs or services. Regulations require that all service members be enrolled if someone in their family has special needs. This is actually a good thing! The MTF does the medical screening, and ACS can offer information regarding the program and how it can help.

This includes community support, housing, medical, educational, and personnel services for families with special needs. Contact the EFMP Manager at Army Community Services, telephone 633-7084.

Camp Darby Volunteers

Volunteers are eagerly sought for the Yellow Ribbon Room! Call 633-7084 or stop by ACS or the Yellow Ribbon Room for more information.

Make sure to record your monthly volunteer hours! These may be emailed to lorraine. m.fisher@us.army.mil.

Mobilization and Deployment

Every deployment is different. If you or a family member are heading downrange, please make sure you stope by ACS to get valuable information that might save your family time and money. Please call ACS 633-7084

Interested in Family Readiness Groups at Camp Darby?

Deployed Spouses Support groups starting soon! Please Call ACS 633-7084.

Army Family Team Building (AFTB)

Course Level 2, Weds, 26 Oct 0900-1100 Bldg. 770

Army Family Team Building is a volunteer-led organization with a central tenet: provide training and knowledge to spouses and family members to support the total Army effort. You must register with ACS. Volunteer instructors needed. On-line training available. Please contact the ACS 633-7084.

Family Advocacy

We focus on the prevention of domestic violence in the Army. Prevention is everyone's responsibility.

Working together within our Army communities we can promote awareness and become more aware of our individual responsibilities to report.

Every home of the Camp Darby community should be a safe home

Financial Readiness Classes

Call 633-7084 and ask for Elizabeth Speck for information, referrals and help on all financial matters

Credit Reports 101 Tues, 18 October, 1400-1600

- Credit Reports: what are they and why are they important to you?
- What information do they contain?
- How does the credit reporting process work?

Checkbook/ATM maintenence Thurs, 6 Oct 1500-1700

- · Care and maintenence of you checking account.
- Balancing your checkbook.
- Avoiding common check-writing errors.

Money Management Thurs, 20 Oct 1400-1600

- Money: How we use it, why we manage it.
- Take control: Eliminate debt by creating budgets.
- Saving vs. investing.

 Options for short, medium, & long term saving goals.

Understanding Insurance Tues, 11 Oct, 1100-1300

- Insurance: Why we carry it and how it works.
- Types of insurance.
- How much is enough?

Credit and Budgeting Weds, 12 Oct, 0900-1100

- Credit: how we use it and how to obtain it.
- The cost and danger of too much debt.
- The budgeting process.

Yellow Ribbon Room/Family Readiness Center Now Open!

Mon-Fri, noon-1600 (& special hours by request) Across from bus stop and movie theatre. yellow building next to AFN. We have webcams, comfortable furniture and dvd players for movies. FRGs can meet here.

Come check it out! Call ACS 633-7084

Need To Talk To Someone?

Want it to be private and confidential? Call the Service member and Family Life consultant at 329-876-2168/633-7084. No records are kept. We are stateside counselors here to talk and we're free!

Italian Language and Cooking Classes Coming Soon!

Let ACS know what times and days are most convenient for you.

Child & Youth Services

Central Enrollment Registry

Contact the CLEOS CER office at 633-7681 to make an appointment. Please bring your Immunization Records, LES (also spouse's LES if working), names and numbers of 2 emergency contacts, and a copy of your Family Care Plan (applies single and dual military parents). Registration fee is \$15 per child or \$35 per family. Registration is for one year from date of registration.CER is in bldg. 730 next to AFN.

Supervision of Children Poli-CV

Children in grades 1-5 must be supervised (within sight & hearing range of a responsible adult) at all times. Children in grades 1-5 may walk to/from one supervised activity to another with written parental permission.

"No-School" Days Hours

SAS & YS are always open full day during "No School" days & open earlier for "Early Release" days. Parents needing care for children in the 1st-5th grades, who are not enrolled in the SAS after school program should contact SAS at 633-7613 to make a reservation.

Child Development Center (CDC)

Bldg. 726 633-7459 Mon-Fri 0600 - 1730

CDC Programs

To enroll your child in a CDC program contact the CLEOS Central Enrollment Registry (CER) at 633-7642.

School Age Services (SAS)

Bldg. 841 633-7613 Mon-Fri

0700-1730

Closed Federal Holidays Mondays: Art Club

Tuesdays: Technology Club Wednesdays: Cooking Club Thursdays: Science Club

Youth Services (YS)

YS Bldg. 730 Mon-Fri

633-7629 1300-1815

7 Oct/ 1800-2200

Girls Kick Back Night

10 Oct CLOSED FOR HOILDAY

15 Oct/ 0900-1500

Trip to Wind Caves 12 Euro

21 Oct/ 1830-2300

Halloween Dance

Arts &Crafts every Monday 1530-1700- (New art supplies-Come and check it out)

Cooking Club every Wednesday 1530-1630

Fitness Fun Challenge every Wednesday 1600-1700

Power Hour Challenges every Wednesday (computer & homework challenges) 1500-1700

How to Avoid Power Struggles and Increase Communication with Kids

Do.

- -Have conversations in private (without the attention or focus of other children who may egg the situation on). "Let's talk about this in private".
- -Let them know that you realize you can't control them. "I know I cannot control you. What I would like from you is...."
- -Set clear, concrete rules and expectations in advance. Let kids know your position on drugs, alcohol, and values. "I want you to have fun tonight. Let's review what the boundaries are and the consequences for not following them".
- -Be honest about your feelings and let your teen express their feelings openly without being judged, evaluated or criticized.

Don't:

- -Ridicule, use frequent sarcasm or criticism to try to change behavior.
- -Make vague or unenforceable threats: "You are never going to leave this house again." -Make unnecessary invasions on your teen's privacy. Knock before you enter their room, let them know in advance your policy on internet and email communications, allow them privacy on the telephone.

Remember, getting teens to communicate usually depends respect for their parents Making threats anddemands, issuing orders and using criticism will erode respect an make communication difficult. Teens who know that they have their parent's trust and confidence in their abilities tend to share ideas and experiences openly.

What is ASACS?

ASACS has as a main objective to prevent teens from becoming involved in unhealthy life style choices such as alcohol or drug abuse. Another main objective is to provide teens who have already experimented with alcohol or drugs, or who are have started to use these regularly an opportunity to develop more positive coping and recreational skills. We can also help adolescents and their families by providing a safe place to talk things out.

All services are FREE, CONFIDENTIAL and AVAILABLE to adolescents and their families who are Darby residents and ID card holders.

For more info call: Amy Rozett, M.A., Ed. S.,LPC,NCAC II. Licensed /Certified Professional Counselor-Nationally Certified Addiction Counselor at 633-7933 or email Amy. Rozett@darby.setaf.army.mil

School Liaison

School Liaison Officer 633-7642

The School Liaison Officer (SLO) assists parent, children/youth, commanders and the community to promote academic success & smooth transitions for military children. The SLO manages, coordinates & facilitates educational support services to maximize the opportunity for academic success for military children.

- School Liaison Services
- School Transition Support
- Partnerships in Education (PIE) Initiatives
- Installation & School Communication
- Home School Linkages
- Post-Secondary Preparation Opportunities

Information for the School Liaison goes here. Significant dates of school events for HS and Elementary.

Camp Darby Facility Map

